



## Actical Instructions

Tools needed: Actical device and fabric belt

This device **is waterproof** and can be worn while swimming, yet may be uncomfortable while swimming. You do not need to wear it while showering.

In the morning when you get up, place belt with Actical attached under shirt. You may wear a light t-shirt under the belt if this is more comfortable for you.

Make sure the blue arrow on the Actical is pointing up, and that the Actical is not leaning forward or backward on your waist, but is straight up and down. The belt should fit comfortably, yet secure around your waist.

Place around your waist and in line with your knee.

Begin your daily routine. This device will log your physical activity.

